

Tuesday Feb. 1, 2011



VISIT [WWW.SPORTFESTWINDSOR.ORG](http://WWW.SPORTFESTWINDSOR.ORG)  
FOR ORGAN DONATION  
AWARENESS EVENTS  
Sport Fest Windsor supports  
Organ Donor Families

TODAY'S  
Sport Fest Windsor  
FORECAST  
Sunny & High 25C



Serving Windsor  
& Essex County

# SPORT FEST WINDSOR NEWS

What's  
Your Type?



Find out what your blood type says about you...

## HOW MUCH BLOOD DOES IT TAKE TO SAVE A LIFE?

|                                 |      |                      |
|---------------------------------|------|----------------------|
| Cancer treatment                |      | (up to 8 units/week) |
| Coronary artery bypass          |      | (1 to 5 units)       |
| Auto accident/gunshot wounds    | x 5  | (up to 50 units)     |
| Liver transplant                | x 10 | (up to 100 units)    |
| Other organ transplants         |      | (up to 10 units)     |
| Brain surgery                   |      | (4 to 10 units)      |
| Fractured hip/joint replacement |      | (2 to 5 units)       |

Source: America's Blood Centers

**Who Needs Blood?** Approximately every minute of every day, someone in Canada needs blood. In fact, according to a recent poll, 52 per cent of Canadians say they, or a family member, have needed blood or blood products for surgery or for medical treatment.

**The good news is that one blood donation - in just one hour - can save up to three lives.**

### Type A



**So, you're an A.** You already know that having type A blood suggests that you are reliable, a team player and may benefit from a vegetarian diet\*. Did you also know that anthropologists believe that type A blood originated in Asia or the middle east between 25,000 and 15,000 BC?

### Type B



**So, you're a B.** You already know that having type B blood suggests that you are independent, a self-starter and may benefit from a wholesome well-balanced diet\*. Did you also know that anthropologists believe that type B blood appeared between 15,000 and 10,000 BC in the Himalayas?

### Type AB



**So, you're an AB.** You already know that having type AB blood suggests that you are organized, friendly and may enjoy a vegetarian or wholesome well-balanced diet\*. Did you also know that anthropologists believe that type AB blood did not originate until 900-1000 years ago and came into existence when eastern Mongolian invaders overran the last of European civilization?

### Type O



**So, you're an O.** You already know that having type O blood suggests that you might be competitive, goal oriented and a real meat eater\*. Did you also know that anthropologists believe that type O is the oldest and most common blood type, originating in Southern Africa?

### Donors



**Donors** are the heart of our blood supply system, the lifeline to hundreds of thousands of Canadians who, each year, need blood, blood products or stem cells. Without generous and committed donors, there would be no blood system in Canada. Canada's blood system is founded on the principle of gratuity. Just as recipients do not pay for the blood products they receive, donors are not paid for the blood or plasma they give. If you are already a donor, thank you; if not, **"it's in you to give."** Please book an appointment today by calling **1 888 2 DONATE**(1-888-236-6283).

### What if donation conflicts with my religious beliefs?

Most major religions support organ and tissue donation. If your religion restricts the use of a body after death, consult your religious leader. Restrictions may not apply if the donation could save another life.

**Sport Fest**  
WINDSOR

[www.SportFestWindsor.org](http://www.SportFestWindsor.org)